

Mrs Greenkeeper's Own Corner

with Ann Mawson

Carrots are very rich in sugar and valuable in mineral salts. They are also good for flavouring stews and many other dishes, besides being nourishing.

Carrot Juice

This will take the place of orange juice, and is excellent for children.

Clean the carrots and scrape them very sparingly. Grate them very finely. Place them in a basin and cover with freshly boiled water. Cover and leave them to soak for 4 hours. Strain through a muslin or a very fine sieve. Then add a sprinkling of sugar.

Carrot Jam

One dessertspoonful of brandy, 4 sweet almonds, 1 large lemon, 10 large carrots, allow 1 lb. of sugar to 1 lb. of pulp.

Wash the carrots and scrape them. Cut into quarters, discard the yellow part, cut the red into very small pieces. Put them into the preserving pan, cover with boiling water, and cook until tender. Drain off the water and put the carrots through a sieve. Weigh the pulp. Put it back in the preserving pan. For each lb. of pulp, add 1 lb. of sugar, the strained juice and grated rind of the lemon. Bring slowly to the boil, keep stirring all the time until the sugar has melted. Boil slowly until the jam will set when tested on a cold plate. Blanch and shred the almonds finely. Add them just before the jam is done, also the brandy. Turn into dry, warm jars and seal.

Celery and Carrot Salad

One heart of a lettuce, 1 teaspoonful of caper vinegar, 2 tablespoonfuls of mayonnaise, 2 large carrots, 1 head of celery, 2 oz. of shelled nuts, 1 teaspoonful of French mustard, 1 teaspoonful of finely chopped onion (pickled) and capers.

Clean and scrape the carrots, grate them very finely. Take out the heart of the celery, and the whitest sticks; chop them up. Blanch the nuts and chop them. Mix the carrots, celery and nuts. Add the mustard, onions and capers to the mayonnaise and caper vinegar. Mix well. Arrange the lettuce leaves on a salad dish. Pile the carrots, celery and nuts in the middle, and cover with the dressing.

You can serve this with fish or meat, or if liked with cheese for a supper dish.

Cream Carrot Soup

One pint of milk, pepper, salt, 1 pint of white stock, 2 tablespoonfuls of corn-flour, 2 oz. of butter, 2 medium-sized carrots.

Clean and scrape the carrots, grate finely. Melt the butter in a saucepan. Sprinkle in the flour, mix well. Add the stock gradually, stirring all the time; when quite smooth pour in the milk. Season with salt and pepper. Simmer for half an hour, then add the grated carrot.

To serve six people.

—Until December . . .